



# 7 WARNING SIGNS OF AN UNHEALTHY WORK-LIFE BALANCE

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# **WORK-LIFE BALANCE IS SOMETHING THAT PEOPLE OFTEN HAVE TROUBLE DISCUSSING AND DON'T PAY MUCH ATTENTION TO.**

According to research done by the Grand Canyon University survey, people often report 40 hours a week, which greatly impacts their personal life. Success is indeed a bio-product of both skill and hard work. However, too much hard work can be unhealthy for your mind, health, and family. There is a very thin line between working hard and stressing yourself. Sometimes it becomes difficult to understand what category we fall into. In the upcoming slides, we will help you with that.

**SO, LET'S GET YOU STARTED.**





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## **WITH EACH PASSING DAY, YOU ARE FEELING LESS ENERGIZED**

Continuous working affects your immune system, making you much more prone to fatigue and sickness. You may often feel muscle soreness, chronic headaches, light-headedness, low memory, lack of inspiration, and lack of appetite. All of this happens because the stress overdrives the muscles and brain to go into overdrive which effortlessly makes your body ache and makes you feel drained.





## **WITH EACH PASSING DAY, YOU ARE FEELING LESS ENERGIZED**

Further, spending too much time in front of the screens can result in a lack of sleep, as the blue rays emitted from the screen can alter your sleeping schedule. The only way to cure this stress is to sleep at least 7 to 8 hours a day and start a self-care routine to achieve a fresh mind, refresh your body, and help you with work-life balance. Maintaining a good night's sleep can chip away half of the problems in your life.





# **ALWAYS SPENDING MORE TIME ON WORK THAN WITH YOUR FAMILY**

Spending more time in the office than with your family can create a huge gap between you and your family. Working overtime is always a sign that you need to manage your time better. There is nothing wrong with spending more time in your office, but spending a few minutes at work to finish your day's task and doing this regularly for an entire week or month are two different things.





## **ALWAYS SPENDING MORE TIME ON WORK THAN WITH YOUR FAMILY**

Managing work-life balance and prioritizing your task for the day will make your day even more productive, and you will leave the office soon and be able to build more moments with your family. When you are with your family, giving your entire time to them means not discussing the office at home. Leave the office at the office to balance your both lives.





# **YOU DON'T HAVE TIME TO DO SOMETHING YOU TRULY LOVE**

Have you noticed that you have done nothing you love for the past few weeks? Take a deep breath, walk around and think about what you are missing from your schedule. When was the last time you watched your favorite movie with your wife or friends in the cinema, or have you traveled in a while? If the answer is no, you have to reset your schedule and give your hobbies a place to sneak into your tight schedule.





# YOU DON'T HAVE TIME TO DO SOMETHING YOU TRULY LOVE

Yes, you should focus on your work, but you must also take care of your body equally. Focusing too much on work could make you miss fun ventures and valuable time with family and friends. Make sure to do at least one thing you enjoy each week. It will help balance your body and mind to stay clean and in shape, which is important because it is your first home.







## **YOU DON'T KNOW HOW TO SAY "NO" TO YOUR COLLEAGUES OR BOSS**

This one is tricky as, most of the time, we are afraid of disappointing our colleagues or angering our boss. So, you ultimately say nothing but "yes." There is no problem with taking your work responsibilities seriously, but if they leave you overworked, stressed, and burnt out for your people, then practicing "No" is a better way to achieve a work-life balance. It is a simple trick that can help you cut most of the problems causing stress in your life.



# **ALWAYS BRINGING YOUR OFFICE WORK HOME**

People who are always bringing their work home and having difficulties in managing family and work together become more prone to stress without even releasing this. You may be doing a job that requires work from home but underlines the line where you need to shut down your laptop and place it aside to spare time for your home and family. Professional jobs require decision-making, latitude, pressure, and a longhouse. But bring the work home only when necessary and work for a short time to achieve a work-life balance.







# **YOU HAVE BEEN STRUGGLING WITH YOUR RELATIONSHIPS**

Lack of work-life balance inevitably strains your family life, relationships, and friendships and can set a gap between you and your essentials. You may not realize it now, but if you don't know what a partner is going through, you need to realize that focusing only on your work will not bridge what you have set apart. So, only spend as much time as required. Make sure you have some moments with your family and friends.





# **YOU HAVE BEEN STRUGGLING WITH YOUR RELATIONSHIPS**

Struggles start to occur in your relationships with the lack of patience. Begging easily irritated and angry over even simple matters can make your partner suffer, resulting in fights and, finally, in breakups. If you don't, you will crack under pressure sooner or later. Always look at the bright side of things to train your mind to focus on the positive.







# **YOU DON'T TAKE LEAVES AND ARE ALWAYS STUCK IN THE UNFINISHED TASKS**

Although commitment to one's job is commendable, your health should always come first. Always stuck with unfinished business means interacting yourself with more work. Learn to set priorities and concentrate on the most crucial things to master the work-life balance skill. If you are a manager, develop your delegation skills. Put an end to attempting to handle everything alone. Start with the most urgent item on the list and work your way down, rather than multitasking and attempting to complete ten jobs simultaneously.





# **YOU DON'T TAKE LEAVES AND ARE ALWAYS STUCK IN THE UNFINISHED TASKS**

Anything that cannot be done. Use your vacation and sick days when you need to take a break. Try to relax your body and mind so that you can have the strength to face the problems ahead of you.





## **WRAPPING UP**

We all should achieve work-life balance by obtaining new habits and leaving the old ones behind. It can mean prioritizing your family and yourself over overtime and excess work. Being dedicated to your career will help you earn money, but having a balanced life along with your career will help you enjoy that money. So, the choice is yours!





# THERE IS MORE FOR YOU ON OUR WEBSITE



**How to Say No Without  
Feeling Like A Jerk.**



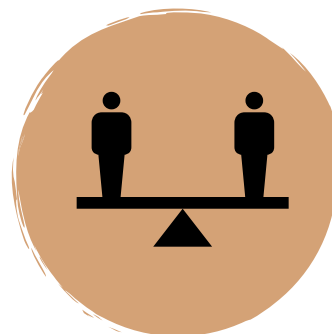
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# ABOUT THE AUTHOR

An established leader in the tech space for over 15 years, **Joe Martin** has built teams at Adobe, CloudApp, and Scorpion to increase leads, revenue, and pipeline to help startup and medium size businesses grow to the next level. Joe has interviewed dozens of tech leaders in his professional career and contributed to many enterprise blogs. For over 15 years, Joe Martin has built teams at Adobe, CloudApp, and Scorpion to increase leads, revenue, and pipeline to help startup and medium size businesses grow to the next level. Joe has interviewed dozens of tech leaders in his professional career and contributed to many enterprise blogs.



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